

# **WELLNESS & PREVENTION WORKGROUP UPDATE**

**MARYLAND HEALTH QUALITY AND COST COUNCIL  
DECEMBER 6, 2013**

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## **AGENDA**

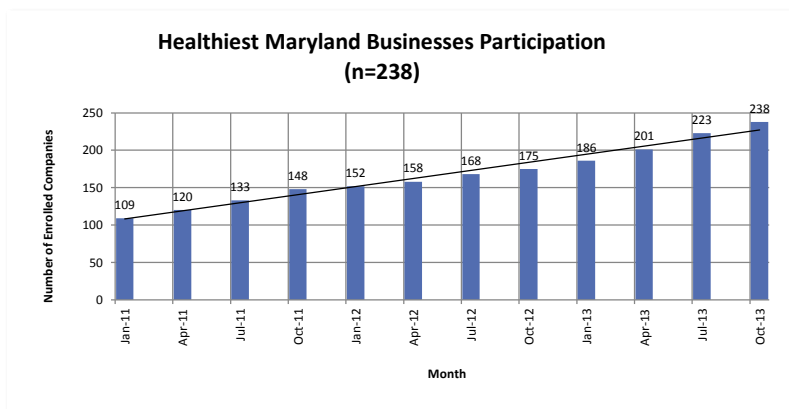
- **Welcome and Updates**
  - Healthiest Maryland Businesses
  - Maryland State Center Employee Medication Therapy Management Pilot
  - Maryland Million Hearts

**THE WORKGROUP'S ACTIVITIES ARE STRUCTURED TO ALIGN AND SUPPORT HEALTH OBJECTIVES RELATED TO WELLNESS AND PREVENTION STRATEGIES, AS DEFINED BY THE MARYLAND STATE HEALTH IMPROVEMENT PROCESS (SHIP)**

- Increase access to healthy foods (Objective 18);
- Reduce deaths from heart disease (Objective 25);
- Reduce diabetes-related emergency department visits (Objective 27);
- Reduce hypertension-related emergency department visits (Objective 28);
- Increase the proportion of adults who are at a healthy weight (Objective 30);
- Reduce the proportion of children and adolescents who are considered obese (Objective 31);
- Reduce the proportion of adults who are current smokers (Objective 32);
- Reduce the proportion of youths who use any kind of tobacco product (Objective 33);
- Reduce the proportion of hospitalizations related to Alzheimer's disease and other dementias (Objective 35);
- Increase the proportion of adolescents who have an annual wellness checkup (Objective 37); and
- Increase the proportion of children and adolescents who receive dental care (Objective 38).

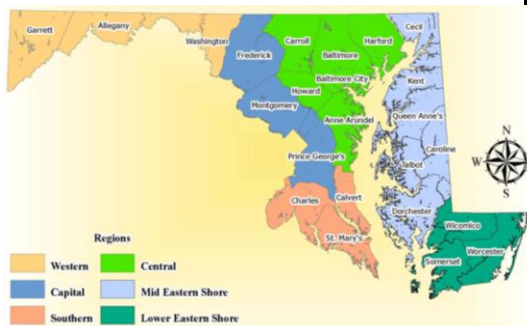
## HEALTHIEST MARYLAND BUSINESSES RECRUITMENT

238 businesses reaching over 250,000 Marylanders



## HEALTHIEST MARYLAND BUSINESSES REFERRAL

- Coordinated 6 Regional Forums
- Partnership with the CDC Work@Health™ Initiative
  - Baltimore City is a target area
  - Regional training in Baltimore City → HMB to recruit participants statewide
- Implementation of the Regional Coordinators
  - Local outreach
  - Technical assistance
- Worksite Health Scorecard



## HEALTHIEST MARYLAND BUSINESSES RECOGNITION

### Quarterly Newsletter



### Success Stories



- Average of 92% participation
- No short- or long-term disability claims since inception of the wellness program
- 79% of employees self-report an increase in health and wellness knowledge due to participation in the worksite wellness program
- Employee risk groups
  - High risk group reduction from 14% to 10%
  - Medium risk group reduction from 36% to 33%
  - Low risk group increase from 50% to 57%

## HEALTHIEST MARYLAND BUSINESSES NEXT STEPS

- Partner with local groups to increase recruitment
  - Goal of 275 HMBs in 2014
- Develop a menu of recommended interventions
- Piloting the CDC's Worksite Health Scorecard as a comprehensive program assessment tool
- Develop a more extensive framework to recognize HMB participants

## MEDICATION THERAPY MANAGEMENT

- State of Maryland Pilot for state employees at State Center
- Collaboration with the Patients, Pharmacists Partnerships (P<sup>3</sup>) Program™, Department of Budget and Management, Express Scripts, and State employee insurance providers
- Provide Medication Therapy Management (MTM) and Comprehensive Medication Therapy Management (CMTM) services to eligible state employees beginning in April 2013
- Goal: 5,000 state employees
- Outreach efforts to all State Center employees to improve awareness of healthy eating, active living, and diabetes control and self-management through lunch and email blasts



## **MEDICATION THERAPY MANAGEMENT**

- Outreach
  - Five lunch and learn sessions, held in three State Center buildings (201 W. Preston, 301 W. Preston, and 1100 Eutaw St.)
  - Blood pressure screenings on 9/24, 11/7, 11/14
- Results as of October 15, 2013
  - 356 employees have shown interest in receiving services
  - 185 individuals have been reached through follow-up phone calls, emails, and in-person contact
  - 67 scheduled appointments
  - 168 medication-related interventions
    - Discontinue unnecessary medications or supplements
    - Dosage adjustments
    - Drug interactions
  - 155 personal action goals
    - Monitor chronic disease(s)
    - Adhere to therapy
- At every visit, each patient has received
  - Complete list of their medications
  - Treatment/action plans regarding how to take their prescriptions
  - No co-pay medications promoted by DBM if indicated
  - Items to discuss with their physicians
  - Physical activity and exercise plans
  - Educational information regarding their condition(s)
  - Date and time to return for their next appointment

## **MEDICATION THERAPY MANAGEMENT NEXT STEPS**

- Pilot will continue until June, 2014
- Evaluation Report Details
  - Reach
  - Participation
  - Employee health outcomes
  - Potential cost savings
- Department of Budget and Management will evaluate for design of future employee benefits

## MARYLAND MILLION HEARTS MILLION HEARTS COORDINATOR

- Funds from PHHS Grant are used to provide for Million Hearts Coordinators in Baltimore City and Cecil, Washington, and St. Mary's Counties to:
  - Engage community partners
  - Identify community resources for patients with hypertension
  - Develop a hypertension response plan and a list of community resources in each jurisdiction for comprehensively treating patients with hypertension
  - Collaborate with public and private health care providers on meaningful data use
  - Aggregate NQF 18 (hypertension control) data where possible
  - Funds will also be used to enhance the Delmarva Foundation's clinical quality improvement work with primary care practices in each of the four jurisdictions
- Example: MedStar St. Mary's Hospital, Greater Lexington Park Health Enterprise Zone
  - To improve public health outcomes in the Lexington Park, Great Mills, and Park Hall communities of St. Mary's County
    - Integrated Care Team Model in the HEZ
    - HEZ Medical Transportation Route
    - Community based Care Coordinators
    - Community Health Worker Program
    - Mobile Dental Clinic
    - Culturally Competent HEZ Healthcare Environment
    - Lexington Park Community Health Center

## MARYLAND MILLION HEARTS SYMPOSIUM

- Save The Date!
  - 2014 Symposium: February 19
- Co-hosted by DHMH and Delmarva
- 350+ partners in attendance in 2013
  - Health Care Providers
  - Pharmacists
  - National/State/Local Public Health Professionals
  - Employers
  - Health Educators/Community Outreach Workers
- Sessions on implementation settings:
  - Schools & childcare
  - Worksites
  - Health care
  - Community



# MARYLAND MILLION HEARTS NEWSLETTER & SUCCESS STORIES



## MARYLAND MILLION HEARTS NEXT STEPS

- Continue partnership engagement to increase commitment and share resources
  - Disseminate Million Hearts materials and share with chronic disease stakeholders
  - Continue Development and distribution of monthly Maryland Million Hearts Newsletter
  - Disseminate Million Hearts Success Stories
  - Enhance Maryland Million Hearts website



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